

CLINICAL PEARLS: Low Dose Naltrexone (LDN) and pain

The treatment of chronic and acute pain is imperative to maximizing productivity, achieving activities of daily living, and enjoying a vital social lifestyle. Modern research has shown that Low Dose Naltrexone (LDN) can have a marked improvement of pain in patients with a variety of medical conditions such as:

- Fibromyalgia
- Cancer
- Crohn's disease
- Multiple Sclerosis
- Pain syndrome
- Sciatica
- Autoimmune disorders

How does it work?

LDN causes an increase effect of the endogenous opioids that are produced naturally in the brain, and supports the activity of Serotonin and Dopamine. It also modulates toll-like receptors in the brain which have a downstream effect on the inflammation cascade.

Doses

Doses range from 0.5 mg to 4.5 mg once a day at bedtime. At Olive Tree Compounding Pharmacy, our Pharmacists can customize any dose of LDN to meet your specific needs.

Most common side effect:

Vivid Dreams

LDN strengthens the effects of neurotransmitters such as Dopamine and Serotonin, and modulates endogenous opioids. Some studies have shown that an increase in Dopamine and Serotonin can cause dreams to intensify during REM sleep. This side effect may dissipate over time, but if it doesn't, LDN may be taken in the morning to help prevent this side effect from happening.

Why should LDN be compounded?

LDN is a medication that is available as a compound only. It is not commercially available. When LDN is combined with certain excipients, absorption can be limited and this can affect how well it works. At Olive Tree Compounding Pharmacy, the Pharmacists are experts at





knowing how to compound patient specific medication so that they have the highest therapeutic outcome!

What to know before taking LDN:

LDN can affect how other medications work. If you are taking any medication, especially those related to the treatment of pain, consult with your provider and Pharmacists before starting LDN therapy.

Set up an appointment to consult with one of our Pharmacists. We will be glad to work with you and your provider to optimize your health and quality of life.

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